

LAKE FOREST · DENTAL ARTS ·

James F. Fondriest, DDS

560 Oakwood Avenue

Lake Forest, Illinois 60045

(847) 234-0517

(847) 234-0516 Fax

fondriestdental@gmail.com

www.lakeforestdentalarts.com

NITE WHITE[®]

Instructions and Tips for Bleaching with Nite White

1. Brush and floss teeth prior to placement of bleach. The bleach will only bleach what it is touching and will not penetrate plaque.
2. This product is best to use while sleeping. It needs to be in mouth for a minimum of 4 hours but can be in until you wake up.
3. When using a new syringe, remove the cap and place on the mixing tip.
4. If using a syringe that is in use, extrude the material in the mixing tip before loading tray.
5. Load tray(s) as previously shown. (Placing a bulb on the front side of each tooth.)
6. Insert tray(s) over teeth.
7. Press on the front of tray with finger, distributing the bleach evenly and smashing any air bubbles.
8. If there is a lot of excess, wipe the extra away and use less material next time.
9. If there appears to be a lot of voids under the tray, take out the tray and add more.
10. While trays are in place do not: eat, drink, chew gum, or suck on trays.
11. Remove trays when you wake up or after they have been in for four hours.
12. Wash trays with water and lock them up in the retainer case keeping trays away from pets.
13. Once trays are removed you can brush, eat, and drink as normal.

What to Expect While Bleaching

1. Gum and tissue tenderness as well as tooth sensitivity can be present while bleaching. If things are still very sore on the next day, you may wish to skip a night in between each bleaching application. Sensitivity gained from bleaching goes away when bleaching completed.
2. The longer you wait between each application the slower your progress.
3. You may notice a color change immediately after the first treatment. Others respond more gradually. We will be checking your progress at your bleach check appointments.
4. Some teeth in your mouth may not respond to the bleach at equal rates. We will monitor this and possibly have you only bleaching certain teeth.
5. You can expect to do anywhere from 10 to 20 bleachings, depending on progress.

After Bleaching Completed

1. Once you have stopped bleaching, you can expect your tooth brightness to regress about 30%. Therefore, you may want to bleach slightly brighter than where you want to end up.
2. Age and environmental agents such as: coffee, tea, colas, red wines, grape juices, or anything with high pigment can re-stain teeth over time. We do not expect you stop these habits.
3. Doing a touch-up treatment one or two times every 4-6 months will bring you back to the brightness you ended up at. Be sure to save your trays and any extra material you have left over.
4. If you need more bleaching material, you can purchase extra syringes here without purchasing the entire kit.

Our purpose and mission is to help you and to serve you. Please call if there are any questions or concerns.